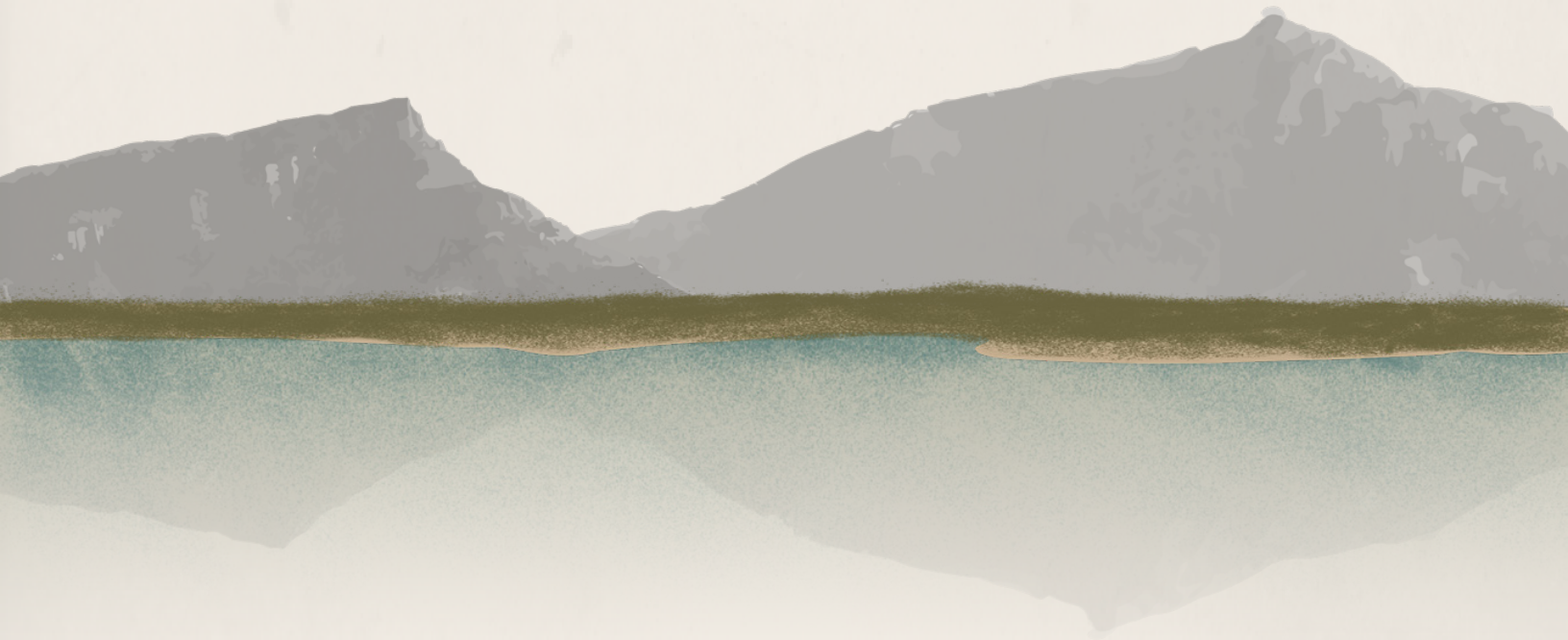
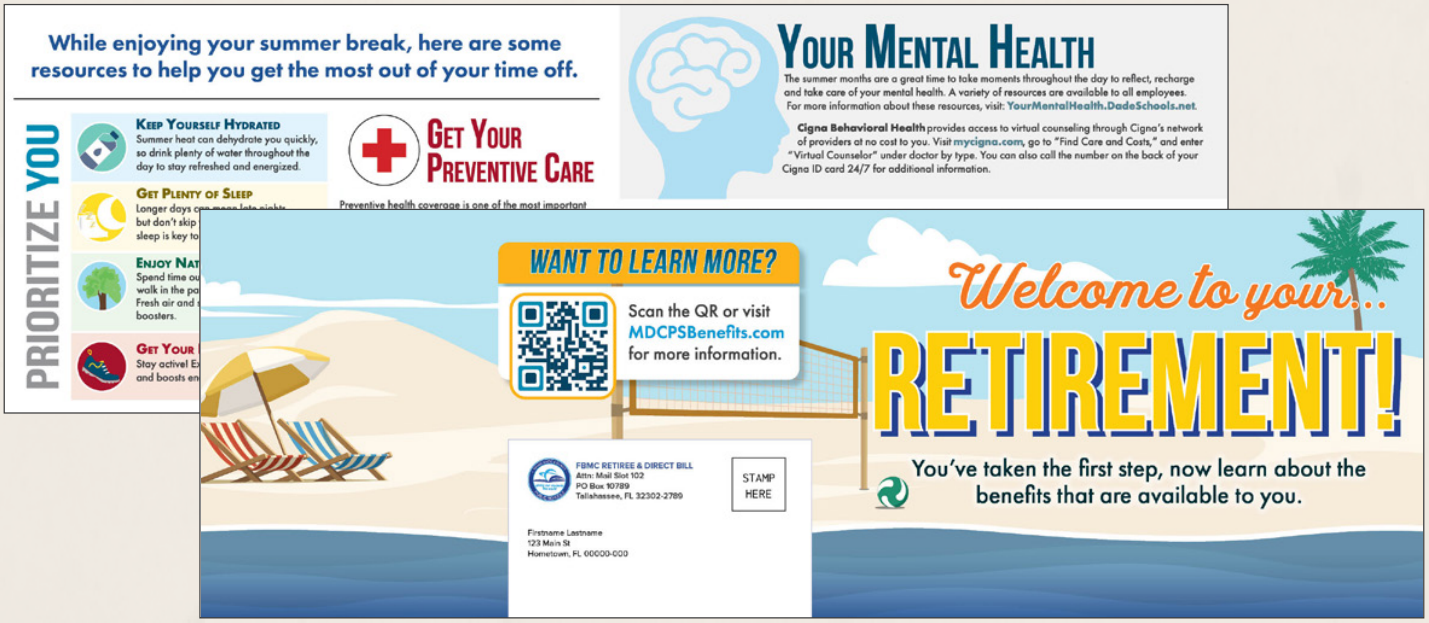
# Andrew Williams

DESIGN PORTFOLIO



931-581-7955 || Awilliams113113@Gmail.com || 166 Harner Run Road, Morgantown, WV


While enjoying your summer break, here are some resources to help you get the most out of your time off.
PRIORITIZE YOU
KEEP YOURSELF HYDRATED
Summer heat can dehydrate you quickly, so drink plenty of water throughout the day to stay refreshed and energized.
GET PLENTY OF SLEEP
ENJOY NAT
GET YOUR
GET YOUR PREVENTIVE CARE
YOUR MENTAL HEALTH
The summer months are a great time to take moments throughout the day to reflect, recharge and take care of your mental health. A variety of resources are available to all employees. For more information about these resources, visit: YourMentalHealth.DadeSchools.net.
Cigna Behavioral Health provides access to virtual counseling through Cigna's network of providers at no cost to you. Visit mycigna.com, go to "Find Care and Costs," and enter "Virtual Counselor" under doctor by type. You can also call the number on the back of your Cigna ID card 24/7 for additional information.
WANT TO LEARN MORE?
Scan the QR or visit MDCPSBenefits.com for more information.
Welcome to your...
RETIREMENT!
You've taken the first step, now learn about the benefits that are available to you.
FBMC RETIREE & DIRECT BILL
Attn: Mail Slot 102
PO Box 10789
Tallahassee, FL 32302-2789
STAMP HERE
Firstname Lastname
123 Main St
Hometown, FL 00000-000

OPEN ENROLLMENT 2025
YOUR BENEFITS, MADE SIMPLE!
NOV. 25 - DEC. 16
3 WAYS TO ENROLL
ON-SITE ENROLLMENT
VIRTUAL SESSION
TELEPHONIC ENROLLMENT
(By appointment only)
You Must Enroll!
Benefits Educators will be on-site to answer any questions you may have regarding your benefits, including Voluntary Benefits.
SCHEDULE YOUR APPOINTMENT TODAY!
Scan Me
ENROLLMENT ASSISTANCE
To enroll in Healthcare and/or Flexible Benefits, log in to your Employee Portal. You must have your Employee ID and Password to make your enrollment selection.
To enroll in Voluntary Benefits, visit Transamerica.BenSelect.com/MDCPS. You must have your employee ID and your confidential PIN (Your PIN is the last 4 digits of your SSN + the last 2 digits of your birth year.)
HAVE QUESTIONS OR NEED ENROLLMENT ASSISTANCE?
MDCPSBenefits.com
1(833) 632-7782
FBMC

OPEN ENROLLMENT 2025
YOUR BENEFITS, MADE SIMPLE!
NOV. 25 - DEC. 16
Learn How You Can Help Protect Your Family with:
ACCIDENT INSURANCE
CRITICAL ILLNESS INSURANCE
UNIVERSAL LIFE INSURANCE
SCAN TO LEARN MORE
Miami-Dade County Public Schools is pleased to offer you the opportunity to enroll in guaranteed-issue voluntary benefits through Transamerica, including: Accident, Critical Illness with Cancer, and Universal Life.
Schedule Your Appointment
Benefit Educators will be available in person at designated locations as well as virtual sessions to provide benefits education and enrollment support.
MDCPSBenefits.com/Scheduler
1(833) 632-7782
Scan the QR Code with your mobile device
HAVE QUESTIONS OR NEED ENROLLMENT ASSISTANCE?
MDCPSBenefits.com
1(855) 632-7748
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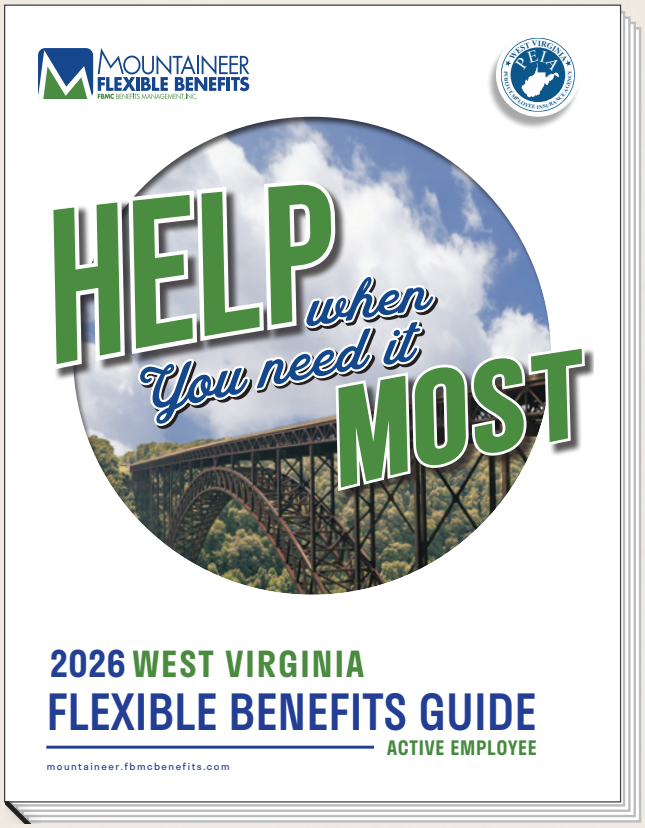
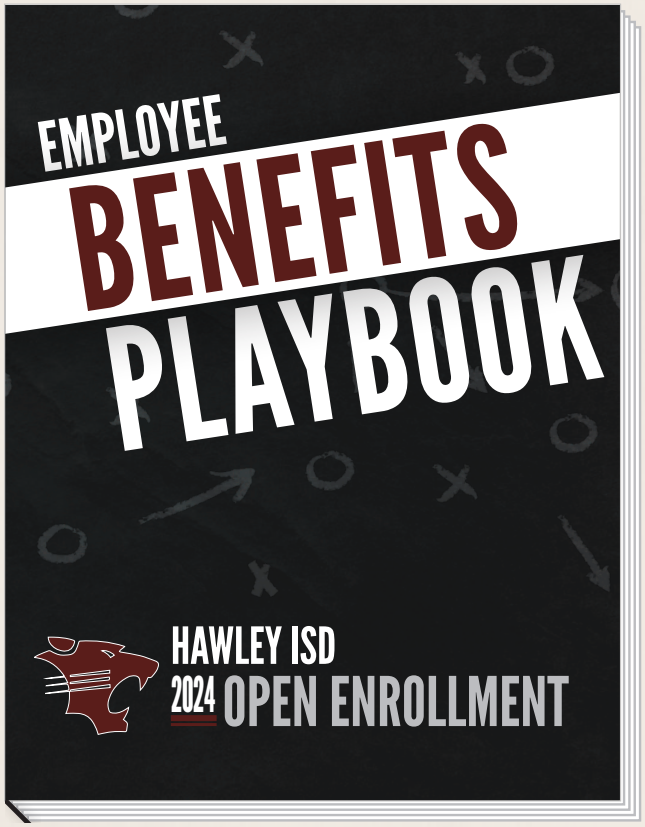
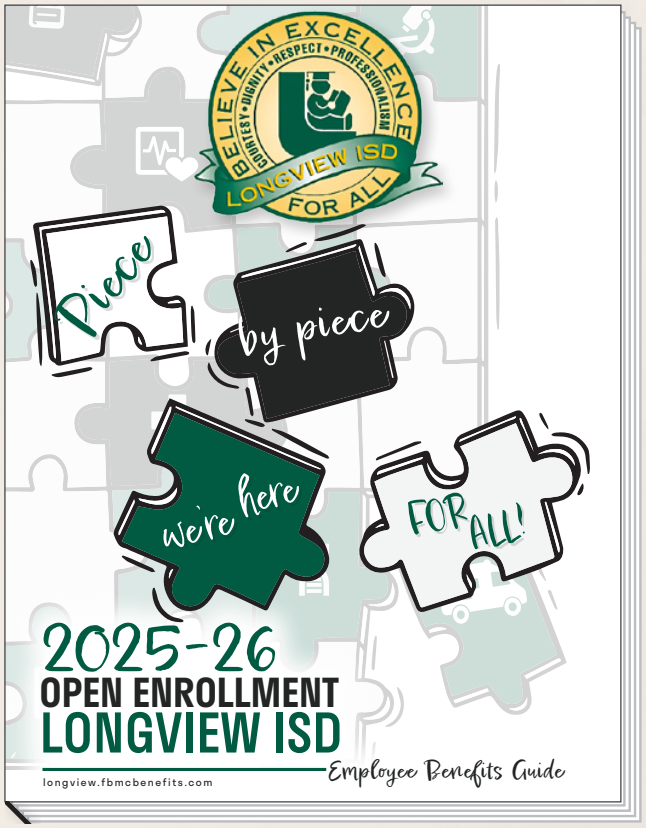
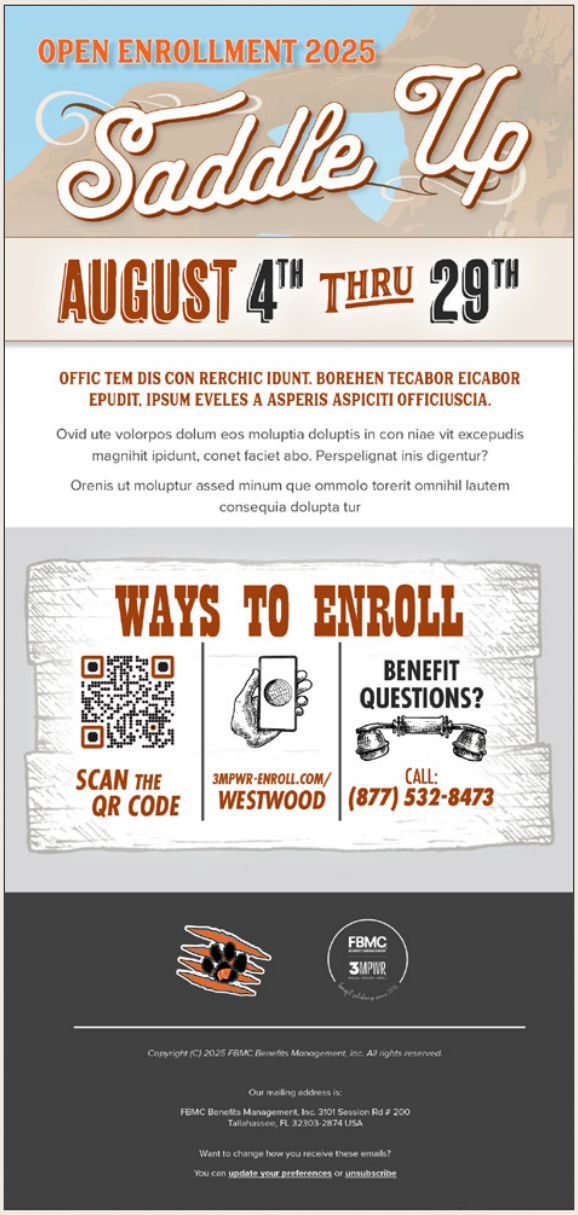

MOUNTAINEER
FLEXIBLE BENEFITS
FBMC BENEFITS MANAGEMENT, INC.
PEIA
HELP when You need it MOST
2026 WEST VIRGINIA
FLEXIBLE BENEFITS GUIDE
ACTIVE EMPLOYEE
mountaineer.fbmcbenefits.com

THE SCHOOL DISTRICT
PALM BEACH COUNTY
Take Charge of Your Benefits!
PY23 Employee Benefits


EMPLOYEE
BENEFITS
PLAYBOOK
HAWLEY ISD
2024 OPEN ENROLLMENT


BELIEVE IN EXCELLENCE
COURTESY • DIGNITY • RESPECT • PROFESSIONALISM
LONGVIEW ISD
FOR ALL
Piece
by piece
we're here
FOR ALL!
2025-26
OPEN ENROLLMENT
LONGVIEW ISD
Employee Benefits Guide
longview.fbmcbenefits.com


OPEN ENROLLMENT 2025
Saddle Up
AUGUST 4TH THRU 29TH
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WAYS TO ENROLL
SCAN THE QR CODE
3MPWR-ENROLL.COM/ WESTWOOD
BENEFIT QUESTIONS?
CALL: (877) 532-8473
FBMC
3MPWR
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FBMC Benefits Management, Inc. 3101 Session Rd # 200
Tallahassee, FL 32303-2874 USA
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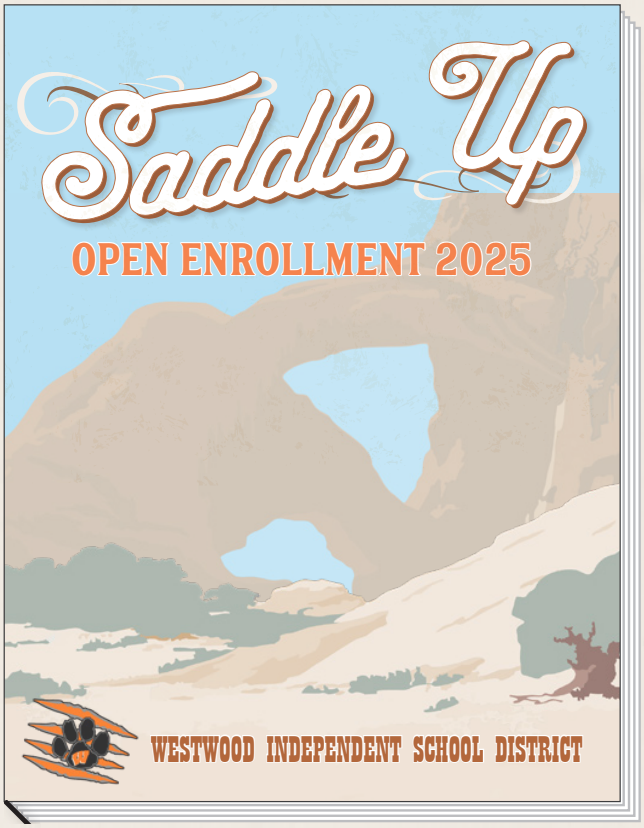
Saddle Up
OPEN ENROLLMENT 2025
WESTWOOD INDEPENDENT SCHOOL DISTRICT

Saddle Up
2025 OPEN ENROLLMENT
AUGUST 4TH THRU 29TH
WAYS TO ENROLL
SCAN THE QR CODE
3MPWR-ENROLL.COM/ WISD
BENEFIT QUESTIONS?
CALL: (877) 532-8473
SOLLAUTEM QUIA FILSA DOLOR RE ETUR
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Ienisim agnissus qui nit aceat que Henesedi gentur?
Et apictia quo invenit hil molore, id molo volut aut hariam dolorec.
Refine your Roping Skills!
Use the paper practice bull below to practice with your newly made mini lasso!
Visit Westwood.FBMCBenefits.com for instructions on how to cut out and assemble the lasso practice dummy!

# DISCOVER A BETTER WAY TO BENEFIT

## WHAT WE CAN DO FOR YOU

**Brokerage & Consulting**
Ut justo nibh, lacinia ac urna eget, luctus laoreet ex. Proin risus risus, pulvinar eget hendrerit in, v

**Enrollment**
Donec erat nibh, fermentum ac efficitur in, pulvinar quis magna mi lacinia eleifend dapibus convallis.

**Data Exchange**
Sed nisi leo, scelerisque ut dui et, tincidunt pulvinar libero. Etiam non ex non quam feugiat scelerisque nec non sapien.

**Payroll Codes**
In lobortis, felis a ultricies sodales, massa mauris hendrerit lorem, nec dictum leo ex vel justo. vt

**Billing & Reconciliation**
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam tincidunt risus non est rutrum, at auctor quam imperdiet.

**Hands-On Support**
Curabitur imperdiet tristique velit eget luctus. Donec mollis, enim eu auctor sagittis, nisl tortor elementum nibh, non dictum solor.

## HOW IT WORKS

**FBMC ON-BOARD**

**ENROLLMENT**
*Enrollment Meetings Held, Materials Delivered, and Employees Enroll in Benefits.*
STEP 1

**DATA EXCHANGE**
*Employee Elections Gathered, Distribute Elections to Carriers, Communicate Payroll Deduction Changes, & Report Carrier Data Discrepancies*
STEP 2

**BILLING AND RECONCILIATION**
*One Payment for All Carriers and Benefits*, Payment Distributed to Carriers, and Resolution of Discrepancies between Payment and Carrier Records*
STEP 3

*Billing and Reconciliation Services not inclusive of TRS Medical Premiums.

# RECRUIT AND RETAIN:

## THE POWER OF VOLUNTARY BENEFITS

*As health care costs continue to rise, so has the value of voluntary benefits. Voluntary benefits allow employers to offer benefits that are attractive to employees without added cost to the company.*

*Many employers consider expanding their voluntary benefits to compensate for employees' increasing health care costs. Employees benefit because they have a variety of insurance and other program options conveniently available in one place.*

### Advantages of Voluntary Benefits for Employees

Because of their cost efficiency and portability, voluntary benefits are becoming a central component of many companies' overall benefits strategies, offering high value to employees, all with minimal effort and cost to the company.

Voluntary benefits can be either insurance or non-insurance products presented to employees to pick and choose from for elective purchase.

**Employers can offer value to employees with the following:**

- Reduced group rates
- Convenience of payroll deductions
- Boost to work-life balance (from such programs as educational assistance)
- The ease of having multiple options all in one place

### Types of Voluntary Benefits

Voulnatary benefits generally fall into two types, Traditional & Non-Traditional Benefits.

**A few traditional voluntary offerings include:**

| | | |
|---|---|---|
| DENTAL | LIFE | VISION |
| DISABILITY | CRIT. ILLNESS | ACCIDENT |

**Non-traditional voluntary benefits may include:**

| | | | |
|---|---|---|---|
| GROUP LEGAL PLANS | PET INSURANCE | FINANCIAL PLANNING | DISCOUNT PROGRAMS |
| EDUCATIONAL & ADOPTION ASSISTANCE | | IDENTITY THEFT ASSISTANCE | |

**Many employers consider expanding their voluntary benefits to compensate for employees' increasing health care costs.**

850-425-6200 || www.FBMC.com

FBMC BENEFITS MANAGEMENT

FBMC BENEFITS MANAGEMENT

May 2021

# BLOOD PRESSURE & HYPERTENSION

## National Awareness Month

## WHAT IS HYPERTENSION?[1]

**DEFINITION:**
High blood pressure (BP), also called hypertension, is blood pressure that is consistently higher than normal. This puts you at risk for a variety of other, potentially deadly, health problems.

**45%** of U.S. Adults have Stage 1 Hypertension.[1]

**3 of 4** don't have it under control.

Hypertension is a primary/secondary factor in... **HALF** of all deaths in the United States.[1]

Sex, age, race, or ethnicity can affect your risk of high BP.[1]

Hypertension is most prevalent in the SE Region of the U.S.[1]

## MEASURING BLOOD PRESSURE[1]

| BLOOD PRESSURE RANGES | SYSTOLIC / DYSTOLIC |
|---|---|
| Normal | <120 & <80 |
| Elevated | 120-129 & <80 |
| Hypertension (Stage 1) | 130-139 or 80-89 |
| Hypertension (Stage 2) | 140+ or 90+ |
| Hypertensive Crisis | >180 & >120 |

Blood pressure is the force of blood pushing against the walls of your arteries. It is read using two numbers:

**120** SYSTOLIC - The pressure when your heart beats.

**80** DYSTOLIC - The pressure in between your heart beats.

If the measurement reads 120 systolic and 80 diastolic, you would say, "120 over 80," or write, "120/80 mmHg."

## CAUSES & EFFECTS[1,2,3]

### CAUSES OF HIGH BP[3]

- **Diabetes** - Causes sugars to build up in the blood and also increases the risk for heart disease.
- **Diet** - Too much sodium (salt) and/or too little potassium puts you at risk.
- **Obesity** - Excess body fat means your heart must work harder to pump blood around your body.
- **Lifestyle** - Lack of exercise, drinking too much alcohol, & using tobacco products puts you at greater risk for high blood pressure.
- **Genetics and Family History** - Genes likely play some role, but a family also shares common environments and other potential risk factors.

### OTHER RISK FACTORS:[3]

- **Age** - Arteries harden naturally as you age, leading to most people eventually having high blood pressure.
- **Sex** - Men are slightly more likely to develop hypertension than women.
- **Race/Ethnicity** - Black people are the most likely group to develop high blood pressure and tend to develop it earlier in their lives.[2]

### HARDENING ARTERIES

Hardening Arteries (aka Atherosclerosis) is usually the root cause of high blood pressure.

Plaque buildup narrows & stiffens your arteries & hinders blood flow.

Clots and/or plaque can break off and clog your arteries, starving your body of oxygen.

### SYMPTOMS

Heart Attack | Kidney Failure | Stroke/ Aneurysm

Hypertension usually won't cause any major symptoms until blood flow is compromised.

## TREATMENT

Many people can successfully manage their blood pressure by changing their lifestyle. There are also a wide variety of medications that can be used to treat hypertension.

**MONITOR YOUR BP**[3] — Checking your BP is the only way to know if it's too high.

**HEALTHY DIET**[3] — Limit your intake of sodium (salt) and alcohol.

**HEALTHY WEIGHT**[3] — Obesity raises BP and can lead to other diseases that also raise BP.

**QUIT SMOKING**[3] — Nicotine raises BP, and smoking reduces the amount of oxygen in your blood.

**PHYSICAL ACTIVITY**[1] — Get 150 minutes of physical activity each week (5 x 30 min/day).

**MANAGING STRESS**[4] — Stress hormones naturally raise your BP.

**ENOUGH SLEEP**[3] — Getting enough sleep is key to your health, including your heart & BP.

## RESOURCES & SOURCES:

1. bit.ly/2fof9aX - CDC: High Blood Pressure Symptoms and Causes
2. bit.ly/2wOjmIP - Mount Sanai Hospital: Hardening of the Arteries
3. bit.ly/2oIHD5x - CDC: Know Your Risk for High Blood Pressure
4. bit.ly/2hpefOR - CDC: Manage High Blood Pressure
5. bit.ly/2hw62a5 - CDC: Prevent High Blood Pressure
6. bit.ly/2uyc0M2 - UK Stress Management Society: What is Stress?
7. bit.ly/2v7E8rl - Heart.org: The link between structural racism, high blood pressure and Black people's health

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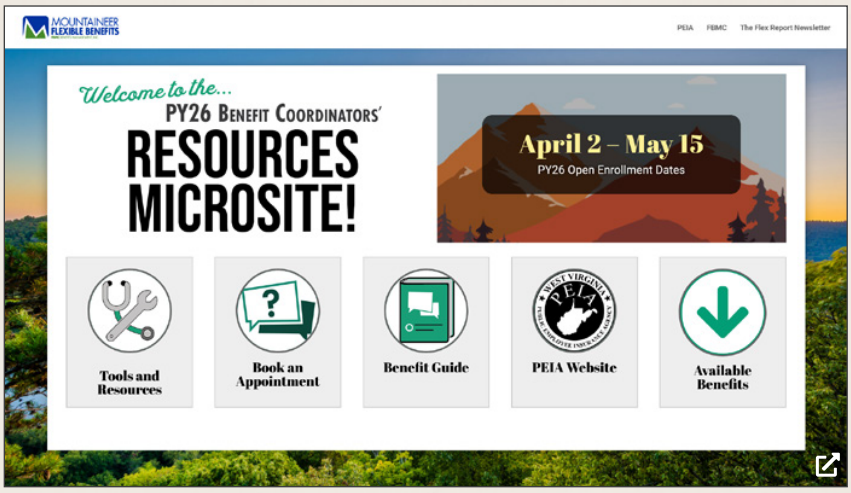
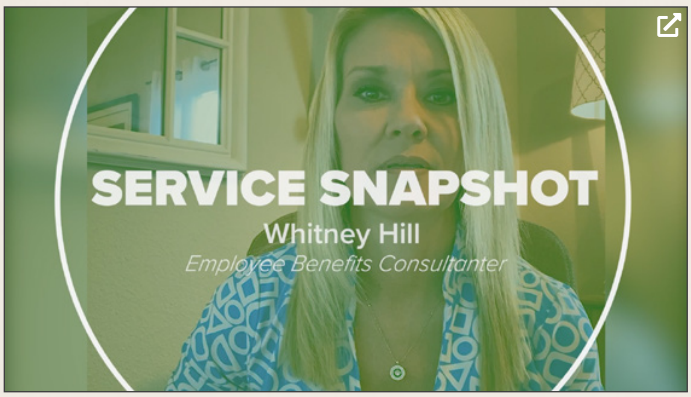
## BENEFITS MICROSITES




*West Virginia - Benefits Microsite*

*MSDCPS Website - Medical Benefits*

## VIDEO & MULTIMEDIA CONTENT




*Service Snapshot - Whitney Hill*

*OCSD - HRAFSA Showcase*

Ascend is returning
$5 million
to our members!
As a giant "thank you" to our members, Ascend is returning $5 million in bonus dividends and loan interest refunds.
Plus, members with active checking will receive an additional reward.
Ask a representative for details.

*Multimedia Screen Slides*

Ascend has teamed with TurboTax, the #1 best-selling tax software, to get you your biggest possible tax refund — guaranteed.*

To get started:

- Visit AscendF
- Login to onlin
- Highlight Add

Ascend is federally insured by
*See TurboTax product guaran
#1 Best-Selling brand of tax so
© 2018 Intuit Inc. All rights res
Intuit Inc. in the United States

## $25,000 Sweepstakes

Try TurboTax Online for FREE by Feb. 15 to be automatically entered to win $25,000.

# Maximum refund, guaranteed.*

Ascend Federal Credit Union

$25,000 Sweepstakes
See reverse for details

intuit turbotax.

# Balancing Your Checkbook

**Recording debits and credits on the register page:**

1. Record transaction type/check #.
2. Record date.
3. Record payee on the first line. On the second, record details of transaction (i.e. food, utilities, charity, etc.).
4. Record amount.
5. Subtract check amount from balance.
6. Enter next transaction and subtract or add to previous balance.

**Reconciling accounts:**

Before you begin reconciling your accounts, check your statement for any additional service charges (other than checks) made against your account. Then, subtract these service charges from the current balance in your register.

A. Compare the amounts of your canceled checks and deposits with the amounts written in your register and check them off.

B. Take your statement balance and add any recent deposits not already shown.

C. Subtract all outstanding checks (those that you have not already checked off on the register page and those that have not yet been charged to your account).

**To learn more about Ascend, visit your nearest branch or contact us at:**

AscendFCU.org // 800-342-3086

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The Flying-A logo is a registered trademark of Ascend Federal Credit Union.

**Recording debits and credits on the register page:**

| 1 TRANS TYPE /CHECK # | 2 DATE | 3 DESCRIPTION OF TRANSACTION | 4 PAYMENT/DEBIT (–) | FEE (-) IF ANY | DEPOSIT/CREDIT (+) | $ BALANCE 5 |
|---|---|---|---|---|---|---|
| | | | | | | 500 00 |
| 501 | 12/6 | ABC Food Market | 45 00 | | | 45 00 |
| | | food | | | | 455 00 6 |
| O | 12/5 | Transfer to Savings | 100 00 | | | 100 00 |
| | | | | | | 355 00 |
| CC | 12/6 | Walmart | 50 00 | | | 50 00 |
| | | | | | | 305 00 |
| CC | 12/7 | Gas'N Go | 15 00 | | | 15 00 |
| | | | | | | 290 00 |
| ET | 12/10 | Electric Company | 85 00 | | | 85 00 |
| | | November bill | | | | 205 00 |
| 502 | 12/10 | Acme Garden | 35 00 | | | 35 00 |
| | | plants | | | | 170 00 |
| ATM | 12/14 | Cash Withdrawal | 50 00 | | | 50 00 |
| | | | | | | 120 00 |
| AD | 12/15 | Deposit - pay check | | | 880 00 | 880 00 |
| | | | | | | 1000 00 |
| D | 12/16 | Deposit | | | 50 00 | 50 00 |
| | | | | | | 1050 00 |
| ET | 12/16 | VISA Card | 150 00 | | | 150 00 |
| | | November Payment | | | | 900 00 |
| T/503 | 12/18 | Salvation Army | 50 00 | | | 50 00 |
| | | charity | | | | 850 00 |
| CC | 12/22 | Turkey Time | 75 00 | | | 75 00 |
| | | food | | | | 775 00 |

**O** - Other / **D** - Deposit / **T** - Tax Deductible / **AD** - Automatic Deposit / **CC** - Check -or- Debit Card / **ET** - Electronic Payment / **ATM** - ATM Withdrawal / **####** - Check Number

**Reconciling accounts:**

A

| CHECKS WRITTEN BUT NOT PAID | |
|---|---|
| Number | Amount |
| VISA Payment | 150 00 |
| 503 | 50 00 |
| CC - Turkey | 75 00 |
| TOTAL OF CHECKS NOT PAID | 275 00 |

| | B |
|---|---|
| ENTER BALANCE AFTER STATEMENT | 1,000.00 |
| ADD DEPOSITS NOT CREDITED (IF ANY) | 50.00 |
| **SUBTOTAL** | 1,050.00 |
| SUBTRACT TOTAL OF NOT PAID | 275.00 C |
| **TOTAL** | 775.00 |

*This balance should agree with your current checking balance.*

Ascend Federal Credit Union

B466 0818

Where
I come from,
serving others
just comes
naturally.
At Ascend, we know where you're coming from because we come from there, too. We were born and raised in Middle Tennessee. And everything we do, from the products we offer to the advice we give, is designed to improve the lives of those who live here.
Ascend
Federal Credit Union
AscendFCU.org
Federally insured by the NCUA.
Banking without the bank.

The best
place to bank
isn't a bank.
Visit us at AscendFCU.org.
Ascend
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Where I come from,
doing the right thing is
the only thing.
At Ascend, we know where you're coming from because we come from there, too. We were born and raised in Middle Tennessee. And everything we do, from the products we offer to the advice we give, is designed to improve the lives of those who live here.
AscendFCU.org
Federally insured by the NCUA.
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Federal Credit Union
Banking without the bank.

Time to start making memories
in your own home.
With some of
realize the dre
our home loar
AscendFCU
All loans subject to credit ap
Dream home,
meet dream
home loan.
Ascend
Federal Credit Union

We will be closed
Monday, July 4
in observance of
Independence Day
HAVE A HAPPY 4TH OF JULY!!!

COME ONE, COME ALL...
To the greatest event on Earth–
The Ascend Employee Picnic!
FOOD FUN & PRIZES!!!
Train Rides
Face Painting
Jousting
Pizza Booth
Spider Climb
Spin Art
Photo Booth
Haystack Treasure Hunt
Cotton Candy
Bingo
Caricature Artists
Parachute Inflatable
Hot Dog Stand
Funnel Cake
Bungee Run
DJ
Saturday, August 20, 3-6 P.M.
On The Beautiful, Lush Grounds Of Corporate HQ
520 Airpark Drive, Tullahoma, TN
Reservations will start Monday, July 27 • Watch your email for instructions

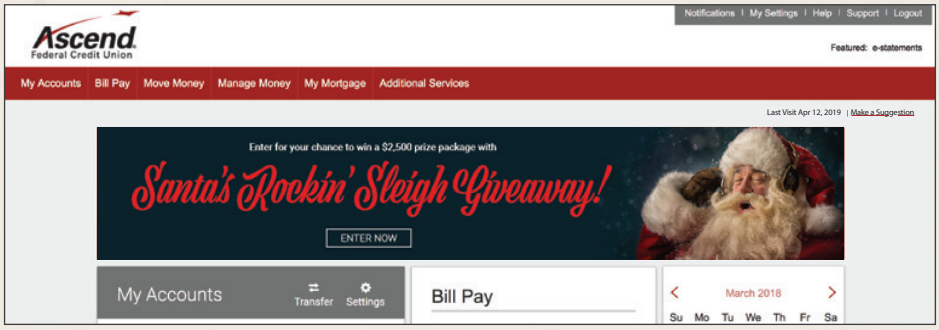
Merry Christmas & Happy New Year!
We will be closed from 1 p.m. Monday, Dec. 24 through Tuesday, Dec. 25 for Christmas, and Tuesday, Jan. 1 for New Year's Day.
Have a Merry Christmas and Happy New Year!
Ascend Federal Credit Union

We will be closed
Monday, Sept. 5
in observance of:
Labor Day
Enjoy the holiday!

# SANTA'S ROCKIN' SLEIGH GIVEAWAY

These are elements from a digital and social campaign we ran in order to give away a "Rock Flight" concert prize package. It was one of the first full campaigns I created on my own that involved a variety of mediums and platforms. I'm proud to say that it was the most successful campaign by way of social engagement seen by Ascend up to that point.

Santa's Rockin' Sleigh Giveaway!
Visit Ascend Federal Credit Union's Facebook page by Dec. 14 and comment with your favorite Christmas song for a chance to win a $2,500 prize package that includes:
• Round-trip airfare
• Concert tickets
• Hotel accommodations
• And spending money for two.
Visit AscendFCU.org for official rules.



## STRATEGIC PARTNERSHIP

Ascend Federal Credit Union

A major part of my role at Ascend revolved around their strategic partnerships with Vanderbilt and Middle Tennessee State University. As Marketing Coordinator, I was responsible for gathering specs and facilitating the delivery of materials. Later, as Junior Graphic Designer, I worked to build these same pieces myself.

The items below provide a brief overview of the types of collateral involved, including everything from digital arena signage to co-branded imprints on specialty items.

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VISA
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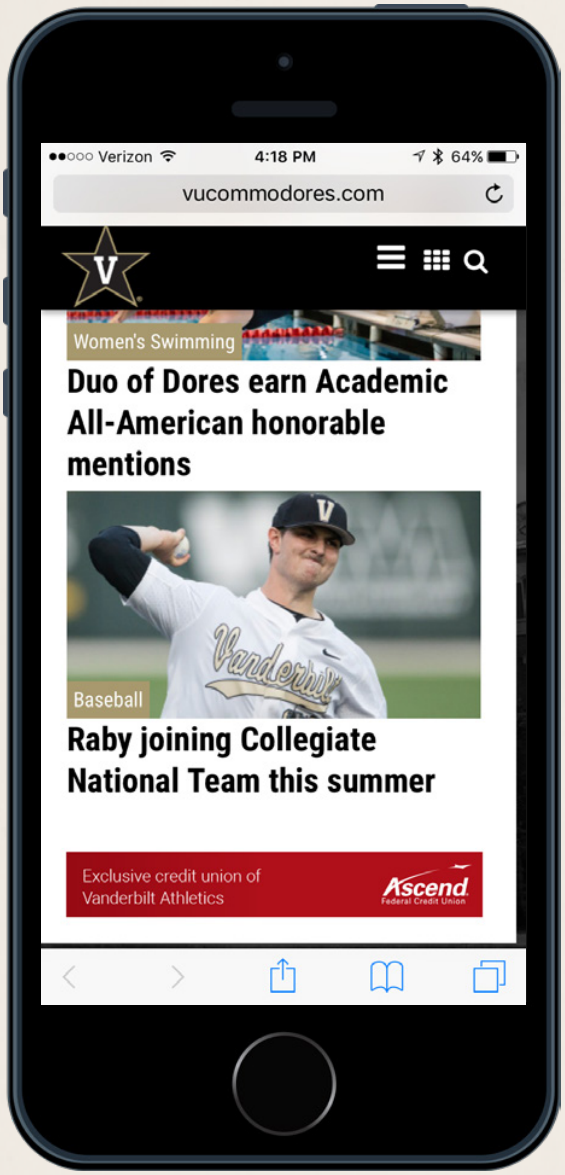
Blue Raiders belong.
As the exclusive credit union of Blue Raider athletics and the exclusive presenting sponsor of MTSU Arts, Ascend is excited to announce that our MTSU debit card is now available! Show your MTSU pride with every purchase. Call 800-342-3086 or visit your nearest Ascend branch for complete details.
Ascend Federal Credit Union
Federally insured by the NCUA.
Banking without the bank.

True blue
gets green.
Want to earn up to $200? Now through March 30, current MTSU students, faculty and staff are eligible for $100 simply for opening a new checking account with Ascend. Use your exclusive MTSU debit card 25 times and earn an additional $100. And don't forget: Ascend members get early access to select concert tickets at Ascend Amphitheater. Visit your nearest Ascend branch to open an account and take advantage of this offer!
If you registered for Ascend checking in the past year, you are not eligible for this offer. Other restrictions apply. See official rules at AscendFCU.org/accounts/checking for complete details.
Federally insured by the NCUA.
Ascend Federal Credit Union


Verizon
4:18 PM
64%
vucommodores.com
Women's Swimming
Duo of Dores earn Academic All-American honorable mentions
Baseball
Raby joining Collegiate National Team this summer
Exclusive credit union of Vanderbilt Athletics
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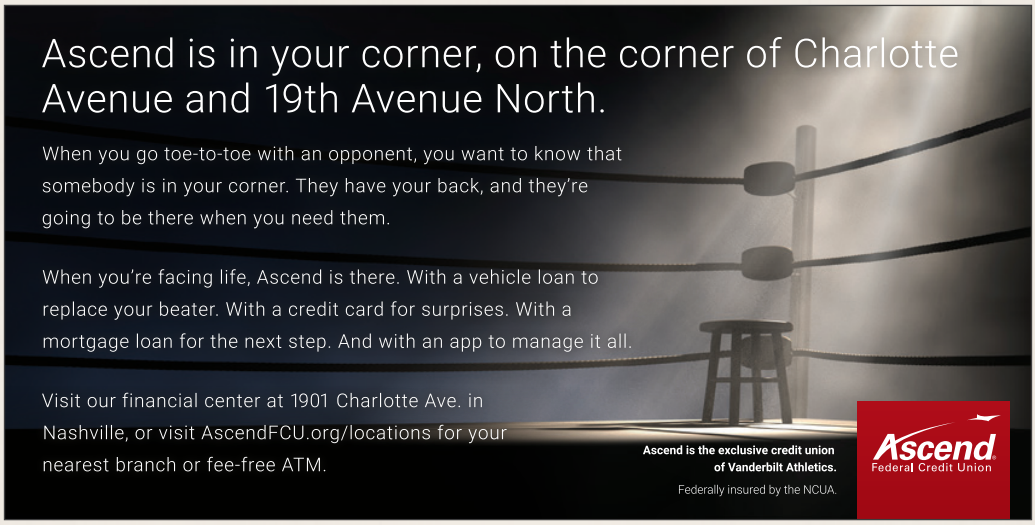
Ascend
Federal Credit Union

Bank where Commodores belong.
Ascend
Federal Credit Union
Jimmy Kelly's
VERIZON. AMERICA'S LARGEST 4G LTE NETWORK.


Ascend is in your corner, on the corner of Charlotte Avenue and 19th Avenue North.
When you go toe-to-toe with an opponent, you want to know that somebody is in your corner. They have your back, and they're going to be there when you need them.
When you're facing life, Ascend is there. With a vehicle loan to replace your beater. With a credit card for surprises. With a mortgage loan for the next step. And with an app to manage it all.
Visit our financial center at 1901 Charlotte Ave. in Nashville, or visit AscendFCU.org/locations for your nearest branch or fee-free ATM.
Ascend is the exclusive credit union of Vanderbilt Athletics.
Federally insured by the NCUA.
Ascend
Federal Credit Union

Merry Christmas
From HAWK HARDWARE SPEED SHOP
Santa is Giving Free Shipping
on ALL orders when you use the Offer Code...
"SANTA"
At Checkout
Offer Valid Nov. 26th - Dec. 6th

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GOODGUYS
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We'll See You There!!!
Call in Or Place Your Order Online
Then, pick up Your Order When
You Come See Us at the Show!!!

## PRODUCT CATALOG

My first major project at Hawk Hardware Speed Shop was to create a product catalog for the shop's inventory of +2000 items.

As I was still in college at the time, it was a project that presented a larger and more complex challenge than I had faced up to that point. I was solely responsible for not only developing the catalog's design, but also for soliciting production details, shooting product photography and even developing my own inventory system.

To this day, it remains one of the largest and most varied projects I have taken on.

# PHOTO RETOUCHING & EDITING

This photo was taken as part of a series of personnel photos from an on-site shoot at Ascend's corporate office. The gentleman below was unavailable during three of the four shoot dates and was only able to appear on the day that was originally slated for re-shoots. The photographer was able to capture several shots of him, but none had the right combination of good posture and smile. The head swap below was intended to correct this.

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